

Symptom Tracker

Perimenopause can begin years before your final period, and the signs aren't always what you'd expect. And sometimes signs and symptoms can go on into post-menopause, so here's a checklist for you.

Many women recognise hot flushes, but fewer connect signs and symptoms like anxiety, bloating, dizziness, itchy skin, joint pain, brain fog, sleep disruption or rage to hormonal change.

Mood & Mind

- ☐ Anxiety
- ☐ Brain fog
- ☐ Depression or low mood
- ☐ Dizziness or vertigo
- ☐ Heart palpitations
- ☐ Irritability or rage
- ☐ Mood swings
- ☐ Feelings of dread
- ☐ Difficulty concentrating

Sleep & Energy

- ☐ Fatigue
- ☐ Insomnia
- ☐ Broken sleep
- ☐ Night sweats
- ☐ Waking at 3am

Body Changes

- ☐ Increase in allergies
- ☐ Weight gain around the belly
- ☐ Hair thinning
- ☐ Dry or itchy skin
- ☐ Joint pain
- ☐ Muscle tension
- ☐ Weakened nails
- ☐ Breast tenderness
- ☐ More frequent coughing
- ☐ Swallowing changes

Hormonal Signs

- ☐ Irregular periods
- ☐ Hot flushes
- ☐ Night sweats
- ☐ More frequent UTIs
- ☐ Vaginal dryness or itching
- ☐ Reduced libido

Digestive & Gut Changes

- ☐ Bloating
- ☐ Digestive issues
- ☐ Food sensitivities
- ☐ Acid reflux

Less Common But Very Relevant

- ☐ Tingling or pins and needles
- ☐ Electric shock sensations
- ☐ Burning mouth syndrome
- ☐ Changes in body odour
- ☐ Formication (a crawling skin sensation)